**WEEKS 1 – 4**

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| **Weeks 1-4**  **(2 classes/week)** | **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **OPEN**  **Module** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[Team Fitness Adventure](https://openphysed.org/best-practices/backtoschool)** | **[Back to School:](https://openphysed.org/best-practices/backtoschool)**  **[Team Fitness Adventure](https://openphysed.org/best-practices/backtoschool)** | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/fitness-knowledge) | [**Fitness Knowledge**](https://openphysed.org/curriculum_resources/fitness-knowledge) |
| **Outcome Focus** | * Move safely in personal and general space * Start/stop with signal | * Cooperate with teammates * Start/stop with signal | * Design a fitness plan with a variety of activities | * Identify components of Health-Related and Skill-Related Fitness |
| **Instant**  **Activity** | Name Tag | Super Chicken | Hoop Tower Relay | Catch Me If You Can |
| **Skill Development Activities** | Instant Fitness Adventures  Team Giants,  Wizards, Elves  Cone Flip Treasure Grab | Up or Down  Build Your Plate  Closing Fitness Adventures | 1-Minute Fitness Challenge  Invisible Dumbbells  Walk ’n Talk Cool-Down | Health-Related Challenges  Skill-Related Challenges  Dice Stretch |
| **Assessment**  **Tools** | Discussion Starters | Performance Rubric | Self-Assessment,  Fitness Portfolio | Academic Language Quiz |
| **Academic**  **Language** | Start/Stop Signal, Jump, Locomotor Skills, Safe | Control, Equipment, Respect, Share | Circuit Training, Cool-Down, Warm-Up | Health-Related Fitness, Skill-Related Fitness |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Active Home Menu | Food Card Warm-Up | Teacher Self-Evaluation & Reflection Guide |

**WEEKS 5 – 8**

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| **Weeks 5-8**  **(2 classes/week)** | **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **OPEN**  **Module** | [**Yoga & Mindfulness**](https://openphysed.org/curriculum_resources/yoga-mindfulness) | [**Invasion Basics**](https://openphysed.org/curriculum_resources/invasion) | [**Invasion Basics**](https://openphysed.org/curriculum_resources/invasion) | [**Pumpkin Patch Games**](https://openphysed.org/curriculum_resources/pumpkinpatch) |
| **Outcome Focus** | * Experience mindful practices and stress reduction techniques | * Apply cues to pass and shoot accurately | * Identify and apply basic offensive and defensive strategies | * Safely move and increase heart rate |
| **Instant**  **Activity** | Pass the Pose | Toss 3 | Golden Goalie | Ghostbusters Tag |
| **Skill Development Activities** | Relaxation Reflection  Fast to Slow  Sun Salutation  Relax and Reflect | The Grouch  Over There  Four Corners | Fitness Relay  Switch  Invasion Triathlon | Ghost Tossers  The Pumpkin Patch  Monster Madness  Spooky Stations |
| **Assessment**  **Tools** | Relax & Reflect Exit Slip | Self-Assessment | Academic Language Quiz | DOK Questions |
| **Academic**  **Language** | Balance, Calm, Flexibility, Heart Rate, Strength | Accuracy, Invasion Games, Target | Defense, Offense, Advantage | Responsibility, Physical Activity, Self-Control |
| **Other**  **Resources** | Peer Teaching  Activity Cards | Universal Design for Learning | Team Handball Activity | The Great Pumpkin Run |

**WEEKS 9 – 12**

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| **Weeks 9-12**  **(2 classes/week)** | **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **OPEN**  **Module** | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Soccer Skills**](https://openphysed.org/curriculum_resources/soccer-skills) | [**Gratitude Games**](https://openphysed.org/curriculum_resources/instant-activitieselementary-k-5) |
| **Outcome Focus** | * Demonstrate control of soccer ball while dribbling and passing | * Identify ways to look for and move to open space to pass/receive | * Demonstrate accurate passing/kicking skills towards a target | * Demonstrate teamwork and cooperation |
| **Instant**  **Activity** | R, P, S, Victory Lap | Any Ball | Soccer Tag | Thankful Turkey Toss |
| **Skill Development Activities** | Scramble  Pass vs. Dribble  Shark Attack | Keep Away  Soccer Tag  Windows | Soccer Golf  Shooting Thunder  Station Day | Rows of Gratitude  Gratitude Wreath  Tom Turkey’s Shopping List |
| **Assessment**  **Tools** | Self-Assessment | Academic Language  Quiz | Holistic Performance Rubric | Discussion Starters |
| **Academic**  **Language** | Ball Control, Dribble,  Pass, Trap | Receive, Ready Position, Offense, Defense | Follow Through, Accuracy, Punt, Clearing Kick | Gratitude, Cooperation, Etiquette |
| **Other**  **Resources** | Universal Design for Learning | Academic Language Cards | Station Day Task Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 13 – 16**

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| **Weeks 13-16**  **(2 classes/week)** | **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **OPEN**  **Module** | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Rhythm Fit**](https://openphysed.org/curriculum_resources/rhythmfit) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) | [**Winter Holiday Games**](https://openphysed.org/curriculum_resources/winterwonderland) |
| **Outcome Focus** | * Perform choreography to the correct beat and tempo | * Perform the order and sequence of the routines by memory | * Demonstrate leadership and kindness during tag games | * Increase heart rate to improve fitness level |
| **Instant**  **Activity** | Jump-N-Kick | Run It Back | Polar Bear Cave | Red Nose Relay |
| **Skill Development Activities** | Groove and Flow  Go Off  To the Core | Island Hopping  Keep Climbin’  NYC Roll Call | Elf on the Shelf Tag  Gift Ninjas  Gift Wrappers  Christmas Tree Relay | Snowman and Sunshine  Feed the Reindeer  Menorah Relay  Down the Chimney |
| **Assessment**  **Tools** | Bucket Academic  Language Quiz | Exercise Ball Academic Language Quiz | Discussion Starters | DOK Questions |
| **Academic**  **Language** | Rhythm, Beat, Choreography | Tempo, Combination, Sequence | Leadership, Generosity, Kindness | Self-Control, Heart Rate, Fitness |
| **Other**  **Resources** | [Buckets YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBJN9dH3cV79iqOo5V4jxZe) | [Exercise Ball](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_)  [YouTube Playlist](https://www.youtube.com/playlist?list=PLRIuuDO-0RtBjZOiSmhVHG3fdWL-nQej_) | Classroom-based Snowman Games | Snowflake Station Cards |

**WEEKS 17 – 20**

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| **Weeks 17-20**  **(2 classes/week)** | **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **OPEN**  **Module** | **[Plug & Play Classroom Management](https://openphysed.org/curriculum_resources/plug-and-play-classroom-management-k-12)** | **[Plug & Play Fitness](https://openphysed.org/curriculum_resources/plugplay3-5)** | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) |
| **Outcome Focus** | * Review routines, behaviors, and etiquette needed to build a positive learning environment | * Ability to discuss the importance of form when exercising | * Demonstrate control while dribbling with both hands | * Avoid defenders while dribbling * Ability to complete a variety of passes |
| **Instant**  **Activity** | Super Chicken | Fitness UNO | Toss 3 | High 5 Bank Account |
| **Skill Development Activities** | Partner Flip the Hoop  Toss 3  Soccer Tag  Four Corner Boogie | Plank Tap Relay  Free Foam Ball Fitness  Color Crushers  Aerobic Treasure Grab | Dribble Triathlon  Hand Skills  Driver’s Test | Knuckle Collectors  Dribble Tag  Passing Triathlon |
| **Assessment**  **Tools** | DOK Questions | Academic Language Quiz | Self-Assessment | Academic Language Quiz |
| **Academic**  **Language** | Challenge, Etiquette, Teamwork, Grit | Core, Balance, Form, Plank, Aerobic Capacity | Dribble, Control, Practice | Defense, Offense, Pass |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Universal Design for Learning | Academic Language Cards | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) |

**WEEKS 21 – 24**

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| **Weeks 21-24**  **(2 classes/week)** | **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **OPEN**  **Module** | [**Basketball Skills**](https://openphysed.org/curriculum_resources/basketball-skills) | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Educational Gymnastics**](https://openphysed.org/curriculum_resources/ed-gymnastics) | [**Lacrosse**](https://openphysed.org/curriculum_resources/3-5lacrosse) |
| **Outcome Focus** | * Identify ways to look for and move to open space to pass/receive | * Identify how to have a strong base of support for balances | * Identify how to transfer weight from one body part to another safely | * Ability to field, cradle and throw a lacrosse ball |
| **Instant**  **Activity** | Dribble Tag | Balance Tag | Pass the Pose | Yum Yum Yum |
| **Skill Development Activities** | Shoot, Dribble, Pass, Dribble  3v3 Bounce Ball  Station Day | Balancing Act  The Equalizer  Leaps and Bounds | Rocking and Rolling  Step It Up  Mix and Match | Clean Your Yard  Musical LAX  Target Practice |
| **Assessment**  **Tools** | Dual Performance Rubric | Self-Assessment | Holistic Dual  Performance Rubric | Self-Assessment |
| **Academic**  **Language** | Accuracy, Target,  Strategy | Asymmetrical, Symmetrical, Balance, Base of Support, Center of Gravity | Combination, Creativity, Flow, Rolling, Inverted, Sequence, Transfer of Weight | Control, Cradle, Scoop |
| **Other**  **Resources** | Teacher Self-Evaluation & Reflection Guide | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A)  Safety Checklist | Gymnastics Cards  Safety Checklist | Hand Placement Chart  LAX Skill Cue Chart |

**WEEKS 25 – 28**

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| **Weeks 25-28**  **(2 classes/week)** | **Week 25** | **Week 26** | **Week 27** | **Week 28** |
| **OPEN**  **Module** | [**Lacrosse**](https://openphysed.org/curriculum_resources/3-5lacrosse) | [**Pi Day Activities**](https://openphysed.org/curriculum_resources/physical_education_modules/pi-day) | [**Dance**](https://openphysed.org/curriculum_resources/dance-35) | [**Dance**](https://openphysed.org/curriculum_resources/dance-35) |
| **Outcome Focus** | * Apply concepts of opening and closing space | * Cooperate with teammates while completing challenges | * Actively engage during dances * Move with the beat and tempo of the music | * Perform correct movements with beat of the music |
| **Instant**  **Activity** | LAX Tag | Pi Day Races | Trolls Tag | Sea Creature Tag |
| **Skill Development Activities** | Sharks in the Sea  Partner Toss & Catch  Lacrosse Basketball | Pi Toss  Pi Day Dice Relay  Cake or Pi?  Who Wants Pi? | Counting in 8’s  Dancin’ Train  Trolls September Dance  Cupid Shuffle | Cha Cha Slide  Space Jam  Fjaskern  Can’t Stop the Feeling |
| **Assessment**  **Tools** | Holistic Performance Rubric | Who Wants Pi  Exercise Chart | Self-Assessment | Academic Language Quiz |
| **Academic**  **Language** | Face Dodge, Split Dodge, Stick Head, Stick Shaft | Challenge, Cooperation, Pi, Target Heart Rate | 8-counts, Beat, Rhythm | Choreography, Lyric,  Four-Wall Dance |
| **Other**  **Resources** | Lacrosse Station Cards | Academic Language Cards | Hip Hop Virginia Reel Dance | Cha Cha Slide  with Basketball |

**WEEKS 29 – 32**

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| **Weeks 29-32**  **(2 classes/week)** | **Week 29** | **Week 30** | **Week 31** | **Week 32** |
| **OPEN**  **Module** | [**Jump Rope**](https://openphysed.org/curriculum_resources/3-5jumprope) | [**Minute to Win**](https://openphysed.org/curriculum_resources/minute-to-win) | [**Minute to Win**](https://openphysed.org/curriculum_resources/minute-to-win) | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) |
| **Outcome Focus** | * Ability to turn and jump a short and long rope | * Utilize a growth mindset during challenges | * Work as a team and set goals to improve challenge scores | * Demonstrate Spirit of the Game during all Field Day activities |
| **Instant**  **Activity** | Jump Rope Battle Bags | Balancing Spoons | Cone Catcher | Alaskan Baseball |
| **Skill Development Activities** | Back to Basics  Creative Mode Stations  Jump Routines  Long Rope Basics  Station Day | Balancing Act  Cone Catcher  Hoop it Up  Hoop Toss | Spinner Winner  Chopstick Noodles  Egg Toss  Ball Drop | 4-way Capture the Flag  Chicken Pot Pie  Race through the Galaxy |
| **Assessment**  **Tools** | Jump Rope Routine  Task Card | Academic Language Quiz | Challenge Scorecards | National Field Day Certificate |
| **Academic**  **Language** | Jump, Land,  Turn, Rhythm | Growth Mindset, Grit, Challenge | Teamwork, Cooperation, Success, Goal | Respect, Collaboration, Spirit of the Game |
| **Other**  **Resources** | Rope Selection Rule Poster | Growth Mindset Journal Pages | 1-Minute Timer Music | Spirit of the Game  Student Contract |

**WEEKS 33 – 36**

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| **Weeks 33-36**  **(2 classes/week)** | **Week 33** | **Week 34** | **Week 35** | **Week 36** |
| **OPEN**  **Module** | [**Field Day**](https://openphysed.org/curriculum_resources/fieldday) | [**Volleyball**](https://openphysed.org/curriculum_resources/volleyball-grades-3-5) | [**Volleyball**](https://openphysed.org/curriculum_resources/volleyball-grades-3-5) | [**Pickleminton**](https://openphysed.org/curriculum_resources/pickleminton) |
| **Outcome Focus** | * Demonstrate Spirit of the Game during all Field Day activities | * Apply skill cues to pass to a partner or designated space | * Rally with a partner/team * Serve to a designated space | * Identify proper grip * Develop a SMART goal for health-related fitness |
| **Instant**  **Activity** | Cherry on Top | Toss 3  (with volleyball passes) | Pass and Set Circles | Hello Paddle |
| **Skill Development Activities** | Bounce Back  Bounce Ball Team Relay  Mission Impossible | Pass and Set Circles  Bump & Set 4-Square  Volley Hoops  I Got It! I Got It! | Volley Battleship  Scooter Volleyball  Helpful Net  Doubles Trouble | Birdie in the Cage  Splat the Spot  Peer Assessment  Time to Get SMART |
| **Assessment**  **Tools** | National Field Day Certificate | Volley Hoops Partner Feedback Card | Holistic Performance Rubric | Peer Assessment Worksheet |
| **Academic**  **Language** | Respect, Collaboration, Spirit of the Game | Pass, Set, Bump, Volley, Feedback | Rally, Cooperation, Teamwork, Encourage | Balance, Toss,  Strike, Serve, Goal |
| **Other**  **Resources** | [OPEN YouTube Channel](https://www.youtube.com/channel/UCAwgRLHq2cGUv67w4oU9R0A) | Academic Language Quiz | Universal Design for Learning | Skill Cue Cards  SMART Goal Guidelines |

**WEEKS 37 – 40**

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| **Weeks 37-40**  **(2 classes/week)** | **Week 37** | **Week 38** | **Week 39** | **Week 40** |
| **OPEN**  **Module** | [**Street Racket**](https://openphysed.org/curriculum_resources/street-racket-grades-3-5) | [**Street Racket**](https://openphysed.org/curriculum_resources/street-racket-grades-3-5) | [**Bat and Ball Games**](https://openphysed.org/curriculum_resources/batandball) | [**Bat and Ball Games**](https://openphysed.org/curriculum_resources/batandball) |
| **Outcome Focus** | * Ability to hit continuously with a partner | * Work cooperatively with classmates | * Identify the skill cues for throwing, catching, and batting | * Demonstrate the skill cues for throwing, catching, and batting |
| **Instant**  **Activity** | Hello Racket | Fitness Frenzy | Baseball Tag | Two Ball Tossers |
| **Skill Development Activities** | Helpful Hoops  Street Racket Basics  Switch It Up | Off the Walls  Rotating Corners  Follow Your Shot | Catch on the Sandlot  Throw Run Derby  Home Run Derby | Sandlot Baseball  Brannboll  Circle Sandlot Stations |
| **Assessment**  **Tools** | Academic Language Quiz | Holistic Performance Rubric | Self-Assessment | Academic Language Quiz |
| **Academic**  **Language** | Cooperation, Supportive, Encouraging | Strategy, Teamwork, Rally | Catch, Throw,  Overhand, Underhand | Fielding, Athletic Stance, Strike |
| **Other**  **Resources** | Skill Cues Chart | Court Diagrams | Bat and Ball Cue Cards | Bat and Ball Station Cards |